

## WIC Final Food Package Training: Phase 1

### Round Table Discussion Questions

What changes might be difficult for our participants when switching from 2% to skim/1% milk?

*The change in taste due to less fat/thickness than other milks, what they used to getting at the store, maybe they not in control of the choices when it comes to grocery shopping, not understanding the benefits in changing to a lower fat choice, unable to differentiate between the labels and cap colors, culture expectations (i.e. kids need whole milk for brain development), not all family members like a lower fat milk, the rest of the household members might be drinking something different, may believe other milks lack in nutrients, the taste and consistency won't be what they are used too, the uncertainty of purchasing the correct milk at the store, participants may feel like they are losing their choice in foods.*

What advantages might there be for our participants to switching to skim or 1% milk?

*Lower fat milk is heart healthy, tend to have slower weight gain during pregnancy, not as thick texture compared to whole or 2%, may increase the chance of weight loss after pregnancy, less saturated fat, easy strategy to counteract genetic obesity, set an healthy eating habits at an early age, calories from fat can be used for something else, many schools are already serving low-fat milks, decrease fat, calories, and lower price than other milks, less of a heavy feeling after drinking whole milk, feeling better: proud of themselves for taking care of their health.*

What barriers are out there regarding using or switching to lower fat milk?

*The taste will be different, the participants like vs. their dislikes, parent's preferences, they don't think there is Vitamin D in a lower fat milk, increase in participant's education, lack of exposure to different types of milk, will need to read labels, different brands uses different color caps, they might think the milk for taste/consistency is watered down, the label doesn't say it has Vitamin D and the perception that the government is telling them what is best for them.*

How would you encourage a WIC participant to change the type of milk they are currently drinking?

*Purchase lower fat milk and transition by mixing with the higher fat milks together, using a visual to show the amount of saturated fat in milk, educate them regarding all milks have Vitamin D, educate families that many schools are already serving a lower-fat milk, it has been a recommendation since 1995 of the Dietary Guidelines for Americans to consume a lower-fat milk, cost comparisons of the different types of milk, explains the change in milk can help build healthy habits which will last a life time, parents can be a positive role model and offer suggestions for gradually introducing and flavorings to the milk.*

What are you currently saying to moms about transitioning to lower fat milk?

*The parents could purchase a gallon of lower-fat milk and mix it with a higher fat milk (transition) before October 1<sup>st</sup>, ask parents to use the lower fat milk in recipes or on cereal, for several weeks/months we have been talking to participants about the health benefits to a lower fat milk, explaining that many schools already serve a lower-fat milk 1% to children, using the state provided posters, explaining the cost savings, explaining many people don't notice the difference in the texture, encourage all family members to be onboard with the change.*